



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 35185, Frybread, made with lard (Apache)

Report Date: July 16, 2017 03:15 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Proximates</b>				
Water <sup>1</sup>	g	33.11	2	--
Energy	kcal	309	--	--
Energy	kJ	1292	--	--
Protein <sup>1</sup>	g	8.38	2	--
Total lipid (fat) <sup>1</sup>	g	10.14	2	--
Ash <sup>1</sup>	g	2.36	2	--
Carbohydrate, by difference	g	46.01	--	--
Fiber, total dietary <sup>1</sup>	g	1.7	2	--
Sugars, total <sup>1</sup>	g	1.54	2	--
Sucrose <sup>1</sup>	g	0.22	2	--
Glucose (dextrose) <sup>1</sup>	g	0.09	2	--
Fructose <sup>1</sup>	g	0.00	2	--
Lactose <sup>1</sup>	g	0.00	2	--
Maltose <sup>1</sup>	g	1.22	2	--
Galactose <sup>1</sup>	g	0.00	2	--
Starch <sup>1</sup>	g	43.29	2	--
<b>Minerals</b>				
Calcium, Ca <sup>1</sup>	mg	52	2	--
Iron, Fe <sup>1</sup>	mg	3.43	2	--
Magnesium, Mg <sup>1</sup>	mg	19	2	--
Phosphorus, P <sup>1</sup>	mg	112	2	--
Potassium, K <sup>1</sup>	mg	75	2	--
Sodium, Na <sup>1</sup>	mg	671	2	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Zinc, Zn <sup>1</sup>	mg	0.47	2	--
Copper, Cu <sup>1</sup>	mg	0.096	2	--
Manganese, Mn <sup>1</sup>	mg	0.405	2	--
Selenium, Se <sup>1</sup>	µg	6.5	2	--
<b>Vitamins</b>				
Thiamin <sup>1</sup>	mg	0.531	2	--
Riboflavin <sup>1</sup>	mg	0.264	2	--
Niacin <sup>1</sup>	mg	4.335	2	--
Vitamin B-6 <sup>1</sup>	mg	0.068	2	--
Folate, total <sup>1</sup>	µg	112	2	--
Folic acid	µg	93	--	--
Folate, food	µg	19	--	--
Folate, DFE	µg	177	--	--
Vitamin B-12 <sup>1</sup>	µg	0.00	2	--
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.09	2	--
Tocopherol, beta <sup>1</sup>	mg	0.03	2	--
Tocopherol, gamma <sup>1</sup>	mg	0.59	2	--
Tocopherol, delta <sup>1</sup>	mg	0.12	2	--
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.0	1	--
<b>Lipids</b>				
Fatty acids, total saturated	g	3.631	--	--
8:0 <sup>1</sup>	g	0.000	1	--
10:0 <sup>1</sup>	g	0.000	2	--
12:0 <sup>1</sup>	g	0.000	2	--
14:0 <sup>1</sup>	g	0.165	2	--
15:0 <sup>1</sup>	g	0.020	2	--
16:0 <sup>1</sup>	g	2.105	2	--
17:0 <sup>1</sup>	g	0.061	2	--
18:0 <sup>1</sup>	g	1.250	2	--
20:0 <sup>1</sup>	g	0.019	2	--
22:0 <sup>1</sup>	g	0.010	2	--
Fatty acids, total monounsaturated	g	3.500	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
14:1 <sup>1</sup>	g	0.021	2	--
15:1 <sup>1</sup>	g	0.000	2	--
16:1 undifferentiated <sup>1</sup>	g	0.165	2	--
17:1 <sup>1</sup>	g	0.000	2	--
18:1 undifferentiated <sup>1</sup>	g	3.258	2	--
20:1 <sup>1</sup>	g	0.056	2	--
Fatty acids, total polyunsaturated	g	1.306	--	--
18:2 undifferentiated <sup>1</sup>	g	1.211	2	--
18:3 undifferentiated <sup>1</sup>	g	0.075	--	--
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.075	2	--
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	2	--
20:2 n-6 c,c <sup>1</sup>	g	0.020	2	--
20:3 undifferentiated <sup>1</sup>	g	0.000	2	--
20:4 undifferentiated <sup>1</sup>	g	0.000	2	--
Cholesterol <sup>1</sup>	mg	4	2	--

#### Amino Acids

#### Other

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD